

Why are motor skills important?

Children's hands need to develop dexterity and strength, enhancing their fine motor skills. These activities and manipulation skills help a child prepare to hold and use a crayon, marker, and pencil correctly.

We use large motor skills every day. Learning about spacial awareness with our bodies and other large objects is the first step in recognizing letter shapes and words.

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Large and Small Motor Skills Activities

Coloring Page

-  Visit a playground or park you haven't been to.
-  Have your child pretend to be an animal. Can they leap like a frog, stand on one leg like a flamingo, crawl like a crab, or roll around like an armadillo?
-  Play catch with a ball or soft toy. Can your child successfully catch the item 10 times in a row? Have your child throw with their right and left hands. Try taking two steps back for an extra challenge.
-  Kick a ball back and forth. Ask your child what happens when they kick the ball softly, now hard. Have your child kick the ball with both their right and left feet.
-  Have your child balance on one foot, now the other. Can they balance for 10, 20, 30 seconds?



Additional Resources

Recipe for Bubble Solution

Ingredients:

- 2 cups warm water
- 1/3 cup dish soap
- 1/4 cup corn syrup

Directions:

- Mix all items together well and have fun.

Online Resource

Creative Bug

Visit www.boisepubliclibrary.org/creativebug to sign up for free access to Creative Bug where you can learn how to make great things like felt animal masks and more.



Have your child walk and balance on the sidewalk curb or a fallen tree trunk. Make sure the item is low enough to the ground in case they fall.



Have your child crumple newspaper or other paper into balls using only one hand. Then try and shoot the balls into a laundry basket or other container!



Have your child "skate" around the carpet on pieces of paper or paper plates (use towels if you have hardwood or vinyl floors). Chart out an obstacle course using pillows and chairs.



See how many household objects your child can pick up using tongs. Help your child hold the tongs similar to how they would hold a pencil.



Have your child practice zipping up and down their jackets on their own.



Go for a walk around the neighborhood or park. Talk about what you see or hear. What do the clouds look like in the sky, do you see any insects on the ground, what kinds of noises do you hear?



Have your child practice tying their shoes on their own.



Have your child help you make your own bubble formula and blow bubbles together outside. Use pipe cleaners to make your own bubble wand. Have your child try to jump up and pop the bubbles as you blow them.



Have your child play hopscotch with you. Create the path using chalk (if outside), sticks, string, or tape (if inside).



Turn on some music and dance like no one is watching. Be as silly as you can together.



Play a game where you have your child try to flip over coins without bringing them to the edge of the table



Draw simple, small-ish shapes on a paper. Have your child practice cutting out the shapes and gluing them onto another piece of paper.



Have your child draw different lines on a piece of paper. Next, let your child use scissors to cut along the different lines they made.



Have your child help you in preparing dinner. Try letting them scoop dry ingredients, roll out dough, or stir liquids together.



Sing a fingerplay with a hand movement like Itsy-Bitsy Spider, Two Little Blackbirds Sitting in a Tree, or Where is Thumbkin.